

Almagest

Vol. 22 No. 25

Louisiana State University in Shreveport

January 23, 1987



photo by Mitch Herrington

Polly Shephard and Chuck Phillips sign Tim Britt up for fraternity rush.

Vacant slot filled

by DOREEN LAFACI
Managing Editor

Chancellor Grady Bogue announced Tuesday he had found a replacement for the office of vice chancellor of administration and business affairs.

Fabia Thomas, executive assistant to the Chancellor, will temporarily assume the position, replacing Dr. Morris Foster who resigned after two weeks on the job.

Foster, who returned to his previous job as a public school system superintendent in Oklahoma, resigned Jan. 14 citing personal and family reasons.

"I selected Mrs. Thomas

because she knows the school and the system," Bogue said.

Thomas holds bachelor's and master's degrees in education from LSU in Baton Rouge. She was registrar at LSUS 13 years before assuming a post in the chancellor's office.

Bogue has said he will not seek to fill the position permanently until after the academic year. At a Faculty Council meeting Wednesday, a motion was presented to fill the vacancy by July 1, but it did not carry.

"I'm going to continue to receive interest in the job," Bogue said. "But I'm not going to the expense of publishing it (the vacancy) nationally."

Thomas has expressed interest in seeking the position permanently.

Question of the week

What's your opinion on the appointment of Gus Mijalis to the La. Board of Regents by Edwin Edwards?

Dr. Milton Finley, professor history: "It's disgraceful, for sure. It's political cronyism at its very worst."

Suzanne Bright, instructor in communications: "What he

knows about higher education, I don't know, but nobody else on the board knows anything about it either."

Peter Boersig, junior, economics: "Gov. Edwards' decision is a little less than prudent, but he will be beneficial to the state in that he is a very, very successful businessman."

Enrollment off 10%

by BARBARA POWELL
Editor

Another blow was dealt to LSUS' dwindling budget when the final figures for spring enrollment came in showing a 10 percent drop over the Spring of 1986. Enrollment this semester is 3,950, down sharply from 4,391 last spring.

The drop of 441 students means a loss of \$383,000 to the budget. It had been expected that tuition would make up 38 percent of this fiscal year's budget, and the figure remains about the same because the budget is also smaller than expected.

Chancellor Grady Bogue attributed the enrollment decline to a combination of three variables: "The difficult economic climate, the raise in fees and the fact that many of our students live close on

the margin."

Where are the missing students? Some may be sitting out this semester because they can't afford to go to any school now. Also, there aren't as many 18-year-olds as there once were. Their numbers are declining; in this decade their ranks will decline by 25 percent through 1991 because of a declining birth rate in the '60s and '70s.

A small percentage of students, mostly freshman, may have chosen to attend Bossier Parish Community College where fulltime students pay only \$250 per semester, \$350 less than at LSUS. The dean of administration at BPCC, Jim Conerly, said he expects 1,850 to enroll in BPCC's academic programs, a slight increase over the Spring '86 figures.

Bogue admits that LSUS may not be competing as well as it could in getting students. Enrollment peaked in the Spring of '84 at 4,690 students, and has been declining ever since.

"Enrollment grew as we added programs and it peaked in 1984. If we want to see the figures go up again, we've got to be more aggressive. We can't just sit and do nothing. I don't want us to get panic stricken."

He mentioned a number of options he is considering to bolster enrollment: Strengthening recruiting, improving relations with local school systems, bringing a nonscholarship athletic program to LSUS and exploring the possibility of putting up privately built student housing. Some local businessmen have expressed interest in the latter, Bogue said.

Mr. and Miss LSUS elected

by DOREEN LAFACI
Managing Editor

Students elected SGA Senators Sandra Allen and Jerry Hawkins as Mr. and Miss LSUS last December. They will serve as representatives of LSUS in the Shreveport/Bossier community.

Allen is a senior education major currently student teaching at University Elementary for which she will receive 12 credit hours. Last spring she assisted in setting up a political forum on budget cuts to higher education. Allen chose education as her field of study because she likes working with young minds, she said. She describes herself as a non-traditional student because she is 31, a wife and a mother.

"My son wishes his mom could be his teacher," she said.

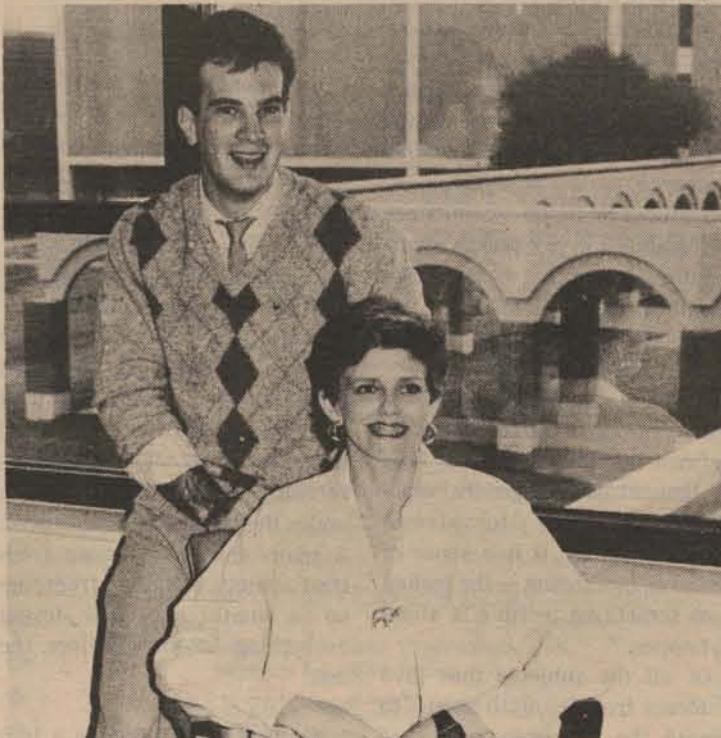
Hawkins is a junior business major and plans to join the FBI or the Secret Service after graduation.

"It's just something I've dreamed about since I was a

kid," he said. "I have to get a degree and I like business; it's something to fall back on."

Both Allen and Hawkins plan to make more of their titles than what has been done in the past.

"It's more than just getting your picture in the year book," Allen said. "The people chosen should serve in their capacity (as host and hostess of the University during public events)."



Jerry Hawkins and Sandra Allen

opinions

Forums needed

When the Tin Man went looking for his missing heart, he found it at the end of the yellow brick road.

When a commuter school such as LSUS lacks an emotional heart, what path does it take?

Chancellor Bogue has proposed various measures to promote unity among students, including establishing a Division III athletic program, finding backers for off-campus housing and strengthening recruiting.

These measures have merit and should help bolster declining enrollment.

But what is needed is something to bolster unity right now, to remind students that they can and do have a say in the future of LSUS.

We suggest a series of forums where the Chancellor, faculty representatives and student representatives confront an audience of students.

At these forums, topics could be selected based on their relevance for the campus community; with adequate publicity, these meetings should help foster a renewed sense of community.

Fear of math causes anxiety, stress, low test scores

by DONALD GARRETT
Sports Editor

I wake up and check the time. It's 4:20 a.m. — another long night of tossing and turning, and worrying.

Though the test is still five hours away, I can't shake the familiar sick feeling in my stomach or deny the cause: a pending math test.

What I have just described is a case of stress anxiety, something students frequently experience when required to take a course for which they feel inadequately prepared.

A student may lack confidence in his ability to perform in a particular subject — biology, English, history, math or philosophy — and this causes anxiety to set in.

Dr. C.D. Spielberger, in his book *Anxiety: Current Trends*, defined anxiety: "Anxiety may be thought of as a general emotional response to stress. Psychologically, it is a sense of dread or foreboding — the feeling that something terrible is about to happen."

Of all the subjects that give students trouble, math seems to create the greatest amount of anxiety and stress, says Dr. Stuart Mills, chairman of the

LSUS Math department.

"Math anxiety can become so acute for students," Mills said, "and they can develop such a fear of math, that it causes a loss of performance in the classroom for many students."

"One of the main reasons that math causes so much anxiety for students, I think, is because of the absoluteness of answers in mathematics. The answers are either right or wrong, and there is no middle ground for debate as there might be in other subjects, and students have trouble dealing with that."

There are two types of anxiety: trait anxiety and state anxiety.

Some people seem to have chronic worries. This is called trait anxiety. A person with trait anxiety is less anxious when things are going well, but always retains some anxieties even under the best of circumstances. A math student suffering from trait anxiety will often freeze up on a math test and forget everything he knew before the test.

State anxiety refers to a temporary condition caused by a certain situation. Moderate amounts

of state anxiety can be useful because it alerts the individual to be cautious in a particular situation.

Math students who encounter state anxiety will usually react in one of two ways. Some students will use the anxiety as a motivator to get help from a professor or some other source of math advice, and thus overcome their anxiety. Other students might allow the state anxiety to get out of hand, and just refuse to deal with the problems they are encountering with math. Students who refuse to deal with the problem need to seek help from a counselor or math teacher they trust.

Although I may always suffer from math anxiety, it is comforting to know that I am not the only student out there who is suffering. I now realize that I was the victim of an acute case of state anxiety that needed to be dealt with.

And after talking to the proper sources and doing some research on anxiety, I feel confident that I will spend no more restless nights waking up at 4 a.m. with that old sick feeling in my stomach.

As long as I don't take any more math classes.

Opinions expressed in the Almagest are those of the Editorial Board or the writer of the article.

Balanced family lifestyle still possible in today's world

by KATE CHANDLER
Staff Reporter

Developing a lifestyle which is strong on family tradition, allows you to contribute to society, and yet still leaves time for you to pursue your own self-interests, may seem like the impossible dream.

But you can make your dream a reality.

I'm not going to put forth a plan to reorganize your whole life, but I am going to suggest some ways that you can lessen the stress of juggling home, family and career responsibilities. If you follow these suggestions, you will be able to free your mind for more creative pursuits.

First, decide what is important to you. Make a list of your

priorities, and give each one a slot in a daily time frame. Check each task as you accomplish it. This will give you a sense of being more in control of your life.

Then, place a limit on the time you will spend each day doing chores and running errands. Let's say you set aside two hours of each day for these tasks. When you have used up the two hours, stop. If too many things remain undone, decide which tasks must be done each day, and delegate some of these to other members of the household.

If you have children old enough to do chores, give them specific ones to do each day. Fit the chores to the age and temperament of the child.

Teaching a child to become a willing, contributing member of the household takes time and patience. Children can be motivated if it is done with care, and an eye to the valuable lessons it can teach the child: that helping others and a job well done are rewards in themselves.

Take time to show the child exactly what is to be done and how he is to do it. If he doesn't do his chores, ask him why — calmly, of course. If the reason is unacceptable, criticize the behavior, not his character.

Last, but most importantly, resolve that each new day will be a clean slate, that the worries of the day before will be left behind on your pillow.

Almagest

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Swap succeeds

by DOREEN LAFACI
Managing Editor

The SGA Book Exchange was a great success this semester, handling over \$9,000 in exchanges, \$5,400 more than last semester.

The exchange, which operates on a first come, first serve basis, offers students savings of 25 to 50 percent on used text books.

"Students wanting to sell books price the books themselves," said Jack Williams, SGA president. "Then we help students who wish to buy books find the cheapest ones available. The whole purpose of the exchange is to help everyone save as much money as possible."

The SGA had originally planned to charge students 25 cents per book handling fee, but at the last minute dropped the charge.

"We decided to cover everything ourselves because that's the purpose of the SGA — to serve the students," said Senator Becky Goodwin, chairman of the Exchange. "It cost us a lot, but our budget comes from student tuition. We feel we should give something back to them (the students)."

Students who were charged will receive a refund.

Williams said the Exchange had one major policy — no exchanges and no refunds — which he felt had no negative effects on business.

The exchange handled three times the number of exchanges transacted last semester.

"We did well compared to last semester's \$3,600 (in exchanges)," Williams said. "We did that in one day this semester."

As for the policy itself, Williams explained, the SGA felt it was the students' responsibility to find out beforehand what books are needed.

"The Exchange was a great way to start the semester for the SGA; it created a sense of morale," Goodwin, said, adding that she rounds off the number of transactions closer to \$10,000.

"Of course I'll round it off higher," she said. "I'm a business major."

Books that did not sell must be picked up by Feb. 15 or they will be donated to the library.

The SGA will continue the Book Exchange, accepting books at the end of the semester and selling again at the beginning of Fall '87.



Dr. Joe Kincheloe

photo by Mitch Herrington

LSUS education professors finish book on New Right

Dr. Joe L. Kincheloe, associate professor of education at LSUS in Shreveport, is the editor of the new book *Politics: The New Right and Education* (Anu Books). The book contains ten essays on the New Right and its impact on education.

Dr. Kincheloe authored three of the essays: "Introduction," "The New Right in the Mid-1980s: The Journey to the Mainstream," and

"A New Right Education Program Slips Into School: Zig Ziglar's 'I Can' Course."

The essay on the "I Can" program was co-authored by Dr. Kincheloe's wife, Teresa Scott Kincheloe, an adjunct professor of education at LSUS and regional coordinator of preschool programs for the handicapped, Children's Center, LSU Medical Center.

Other Shreveporters contributing to the book include Dr. B.E. Tabarlet, dean of the College of Education at LSUS, and John Baldwin, assistant principal for curriculum and instruction at Green Oaks High School.

Tabarlet's essay is "Teacher Education, Certification and the New Right." Baldwin's is entitled "What's New About the New Right? Why Public Schools Are Suspect."

The book examines the New Right and its relationship to education in social, historical and

philosophical contest. Kincheloe chose authors who would ask new questions of the movement which would lead to a re-examination of familiar assumptions.

"The outsiders are now in the mainstream of American educational and political thought," the authors maintain. The fundamentally Christian, politically conservative right-wing was viewed only a decade ago as an extremist group with little political power and influence, Kincheloe said.

In ten years the New Right has not only strengthened its political base but has legitimized its positions in the minds of many Americans, he said. "The New Right has set the parameters of many of the present debates in education. The recent court ruling supporting Vicki Frost and her fellow fundamentalist Christians in Greenville, Tenn., makes the issues addressed in *Politics: The New Right and Education* more timely than ever."

Counselors help cut stress

by GENA FULLER
Editorial Assistant

Jeff Ickes and Paula Lynch love dealing with problems — especially those of LSUS students and faculty.

Ickes is the director of the Counseling Center and he has a Ph.D. in counseling services. But together they offer a wide variety of services and workshops to provide the best advice to their clients.

The most common problems encountered by those who use counseling services include loneliness, stress, depression and relationship issues. Marriage counseling is also available.

"We are a group of people who will not sit and judge them," said Lynch, who is the assistant director of counseling services and has a Master's degree in clinical psychology.

At least four services are offered. One is individual or group counseling. Individual counseling might include any personal or career advice, and help with educational study skills. Parenting, human potential, stress management, assertiveness or

problems suffered by non-traditional students, are areas discussed in group counseling.

Because Ickes and Lynch are the only counselors in the center, they provide a second service which is beneficial to them, as well as to the students. This service is called the peer counseling program, in which students, by recommendation of LSUS faculty members, assist Ickes and Lynch in counseling clients.

A third service offered by the counseling center is the SOAR Program. SOAR, or Student Orientation and Registration, is an attempt to pre-advise students during the orientation and registration process.

Finally, as a measure to follow up on SOAR Program students, the FOSTER Program is being developed. Included as advisors are faculty from Student and Academic Affairs, and Student Activities.

At least 10 percent of LSUS students participate in individual and group counseling. All services are free of charge except testing, which requires a small fee. Each client is assured of confidentiality.

Workshops now offered are as follows: Human Potential, offered Jan. 20 - April 28 on Tuesdays from 1-3 p.m. in the Desoto Room (U.C.); Active Parenting, Jan. 21 - Feb. 25 on Wednesdays from 7-9 p.m.; The Active Parenting workshop is offered at a cost of \$10.00 and the Human Potential at \$3.00.

The Counseling Center is located in room 227 of the Administration Building. Sign-up sheets are posted around campus for workshops. The Counseling Center is open Mondays from 8 a.m. until 6 p.m. and Tuesdays - Fridays from 8 a.m. until 4:30 p.m. It is best to schedule appointments by phoning 797-5365.

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news

Prof chairs committee

by JACK WILLIAMS
Staff writer

Until recently no study on women in Shreveport had been done, although studies on minorities, labor, business, and other aspects of the local community had been conducted. Dr. Ann M. McLaurin helped to change that in 1986.

The *Shreveport Woman: A Profile* is the result of an effort by the Shreveport Women's Commission's Research Committee, chaired by McLaurin to rectify what it saw as a need for better information on the community.

"I think that it is a fine contribution," McLaurin said. "I'm very proud of it."

Since 1980 McLaurin has served as chairman of the department of history and political science, which was then the

Department of Social Sciences. A history professor at LSUS since 1973, McLaurin does not consider herself to be a feminist because of her work on the Women's Commission. "I'm a 'personist,' an advocate of equality of all sexes and races based on competence," she said.

The Women's Commission is only one of many activities that keep McLaurin busy. As a department chairman, she has teaching as well as administrative responsibilities. "I find administrative work very dull," she said. "I thoroughly enjoy teaching and I thoroughly enjoy teaching freshmen. It is a challenge to make them enjoy what they are learning."

Her duties as chairman include coping with the constraints of budget difficulties. Her department currently has two vacant slots — one for a professor and

one for a secretary — which cannot be filled because of a hiring freeze. Strong points of the history and political science department include the American Studies program, which is privately endowed; the housing of the North Louisiana Historical Journal, the only scholarly journal dedicated to the history of North Louisiana; and the oral history program. However, both the journal and the oral history program lack adequate secretarial help.

Despite its financial woes, McLaurin sees the university as instrumental in the future of both the community and the state.

"Otherwise, I'm pessimistic; I see very little hope," she said. "If we don't get a candidate for governor who puts education as the state's top priority, I see no hope for Louisiana. It's time we made the connection between



Dr. Ann McLaurin

photo by Mitch Herrington

education and economics." She believes that it is important that the university play an active role in producing well-educated people with drive and initiative.

McLaurin not only speaks of drive and initiative, she embodies them. When talking about her current favorite project, a twinkle comes to her eye, showing the enthusiasm that her work instills in her. With Dr. Mary McBride, the dean of the College of Liberal Arts, the history chairman traveled to North Carolina, Kentucky, and South Louisiana

researching the life of Randall Lee Gibson, a brigadier-general in the Civil War, a sugar planter, a lawyer, and the founder of Tulane University. "It's a fascinating subject based on primary sources," she said.

A self-proclaimed exercise fanatic who likes to win and is highly competitive, McLaurin has won several local titles and one state title in tennis doubles. "My major strength is that I'm able to pick a partner who is better than I am."

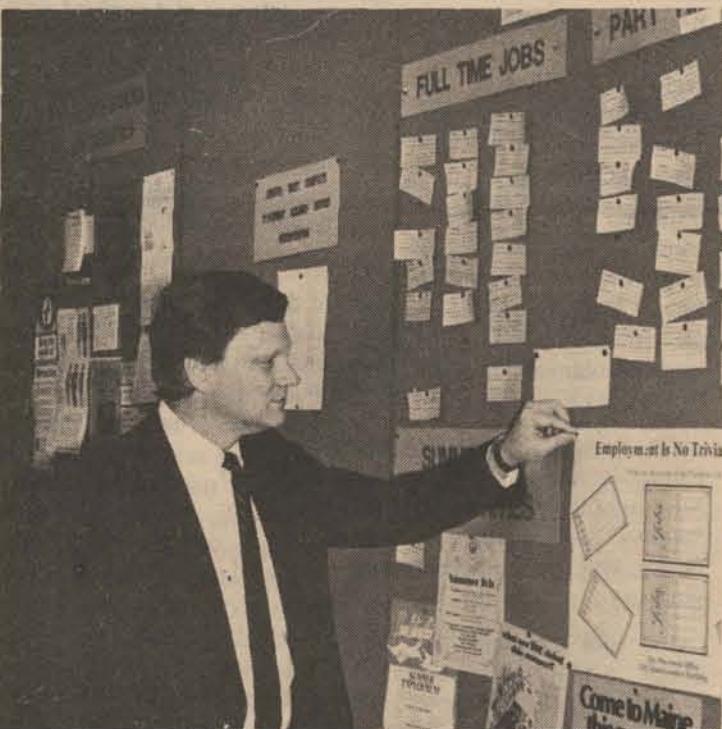


photo by Tami Seago

Placement Director Bill Stowe checks one of the listings on the job listings' bulletin board.

Student ambassadors promote pride

by KATHY HOHMANN
LSUS Student Ambassadors

In an attempt to foster goodwill in the community, promote pride in the University, and enhance student recruitment, the Office of Admissions has established a group of student ambassadors. Such groups have proven successful around the country.

Recently chosen were Lisa Bosley, a public relations freshman, Cathy deFatta, a public relations freshman, Ronald Dowling, a business

management freshman, and Gregory Ruben, a junior finance major. Chosen as alternate is Cindy Nunn, a junior criminal justice major.

"We think we've found students who can do everything from being active in Spring Fling to making presentations to adult audiences," said Zenobia Hicks, Admissions Office. "I think they will be excellent representatives of the University."

LSUS ambassadors will work to promote internal and external

interest in the University. They will assist with campus tours, freshmen orientation, high school career day/night programs and special activities.

Hicks said that one of the reasons for choosing the ambassadors was the drop in student enrollment. "We want people to think of the University as more than just an educational institution. We want them to think of it for their emotional and social

needs also. The key to that is involvement," said Hicks.

Placement director sets new programs for students

by GENA FULLER
Editorial Assistant

Probably the biggest problem facing the Placement Office (Rm. 230 Admin. Bldg.) is getting students motivated enough to take advantage of its services. So, beginning this spring two new programs will be put into effect.

One is First Tuesday. Meetings on that day, each month, will be held during the free period in the Desoto Room of the U.C.

First Tuesday will concentrate on a specific aspect of career planning, job seeking or employment. According to Bill Stowe, director of placement services, the free period is an incentive to

get students together. "It's a need. Students need this information."

On February 3, First Tuesday, will feature Charles Van Rysselberge, executive vice president of the Shreveport Chamber of Commerce, discussing local business and outlooks for 1987. On March 10 the topic will be networking and on April 7, entrepreneurship. First Tuesdays are open to all students.

The other program offered is Brown Bagging with Business. This is an opportunity for freshmen, sophomores and juniors to meet with and ask questions of business recruiters

during lunchtime. Watch for brown bags hanging on bulletin boards announcing dates, times and locations of Brown Bag with Business programs.

Because the people who are most successful in their job search are the ones who know how to communicate, Stowe is hoping to attract students to First Tuesdays and Brown Bagging in order to educate them on the realities of job placement.

"If you wait until your senior year, you've waited too long," said Stowe. "Here is an opportunity to talk to people who can help get you a job someday."

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news briefs

Choir needs songsters

Dr. Norma Jean Locke, director of the LSUS University Chorus, is searching far and wide for enthusiastic singers (student, faculty or staff) who may want to consider joining the choir.

"You don't have to know how to read music," Locke said. "Just come out and sing with us."

The choir is currently practicing early sacred and secular inspirationals, as well as folk and popular songs like "Memory" from the musical "Cats."

At present, there are 25 members in the University Chorus, but Locke could use dozens more. "As far as total membership is concerned, the sky's the limit," she said.

Last year, the University Chorus performed at the Red River Revel in October and the American Rose Center in December.

The Chorus has already begun rehearsals in preparation for its spring programs. On Monday, April 20, there will be a concert at noon in the UC lobby. Another concert will be held on Tuesday night, April 21, in the UC Theatre at 7 p.m.

Choir practice is held from noon until 1 p.m. on Mondays, Wednesdays and Fridays in the Science Lecture Auditorium which is adjacent to the Science Building.

Contact Dr. Locke in BH 357 for further information.

Hall speaks

On Tuesday, Jan. 27, 40-Minute Forum presents Professor of History Dr. John Hall, who will lecture on "The Social History of Whiskey."

The forum will be held in BH 363 beginning at 10:30 a.m.

Spectra

The final deadline for submissions to Spectra, the LSUS literary magazine, is Monday, Jan. 26.

According to Kristina Nemec, the editor, student entries are currently being accepted in the categories of poetry, prose, photography and art.

Written submissions must be typed or neatly printed and should include the name, phone number, address and social security number of the writer or

artist. Photographs need not be accompanied by negatives. Any artwork turned in must be photographed so that the print exhibits the features of the work clearly.

Submissions should be brought to the Writing Lab (BH 263) between the hours of 8 a.m. and 3 p.m.

Copies of Spectra 1986 are available in the Library and the Writing Lab.

Photographs

"Nature's Beauty Captured," an exhibit of Caddo Lake photographs, will be on display in the Noel Memorial Library at LSUS through Feb. 15.

The pictures were taken by the Rev. William Nolan, pastor of the Vivian United Methodist Church and an amateur photographer.

The exhibit is open during regular library hours: 7:45 a.m. to 9:30 p.m. on Mondays through Thursdays, 7:45 a.m. to 4:30 p.m. on Fridays, 1 to 5 p.m. on Saturdays and 2 to 6 p.m. on Sundays.

S.O.C.

The first meeting of the Student Organizational Council will be held Friday, Jan. 23 at 12:05 p.m. in the Webster Room, U.C.

All presidents or S.O.C. delegates from every organization at LSUS must attend. New club presidents are also welcome. The Spring Student Organizational Fair will be planned as well.

Miss LSUS

Applications for Miss LSUS are now being taken. Contact Joanne Swearingen at 861-7218 between 10 a.m. and 10 p.m.

Anyone interested in working on the pageant committee should also contact Swearingen.

Movies

Two movies — one for children and one for adults — will be shown in January at LSUS.

"St. Elmo's Fire" is set for 7 p.m. Jan. 22 and again at noon on Jan. 23, while Walt Disney's "Song of the South" will be shown at 1 p.m. Feb. 7. Both will air in the University Center Theater.

The free films are open to students and the general public

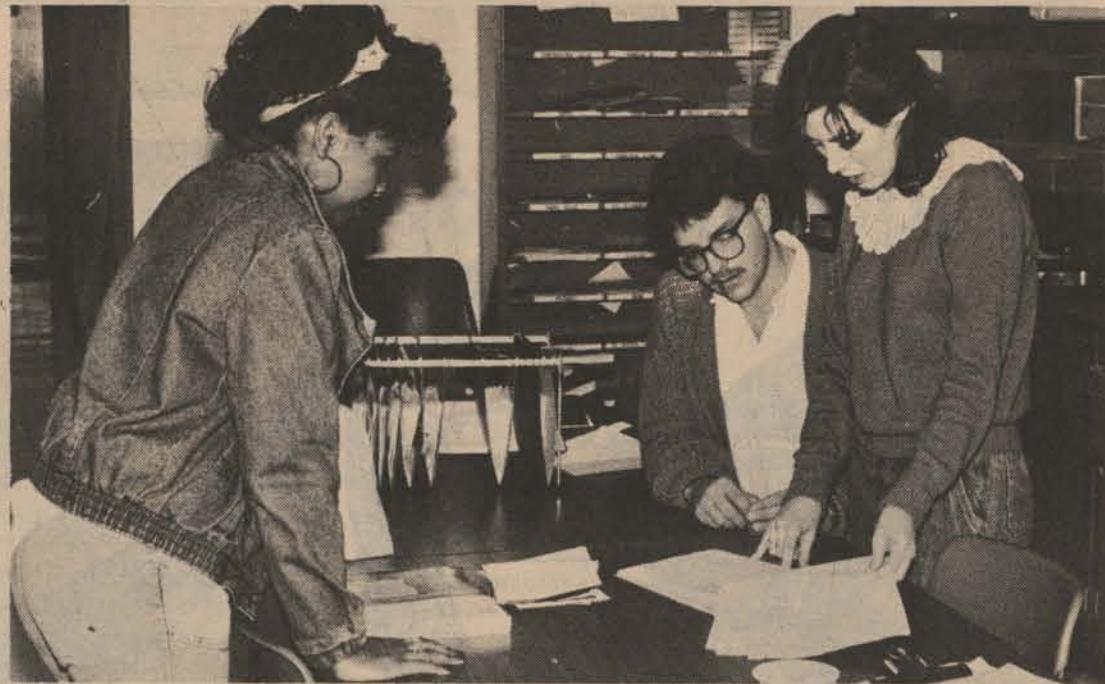


photo by Tami Seago

SGA President Jack Williams and Book Exchange Chairman Becky Goodwin check the edition and price of a book during the recent SGA Book Exchange.

as a service of the university's Student Activities Board.

ACJS

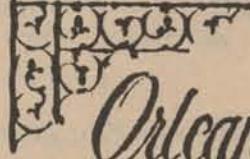
There will be a general meeting of the ACJS for those interested Friday, January 23 in Room 103 of Bronson Hall at 12:00 p.m. Contact Susan Font (861-3094), Elton Richy (747-1964), Debra Holt (686-8017) or Richard Georgia, the faculty advisor.

ACJS also has firewood racks for sale at \$15.95, which are regularly sold at Wilson's for \$29.95.

LAE-SP

The Louisiana Association of Educators Student Program (LAE-SP) will have a mixer Jan. 28 at 12:00 noon in BE 113.

The speaker will be Dr. Pat Doer. Bring a sack lunch. Door prizes will be given away. All elementary and secondary education and Health and physical education majors are welcome.



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features



Members of the Bluebirds include Buddy Flett, Paul Griffith and Bruce Flett.

Twistin' blues, Bluebirds style

by ANDY SALVAIL
Features Editor

Take a Fender-Telecaster guitar. Add three-chord roots rock n'roll music, performed on equipment that was new 30 years ago. Throw in a wallop of raw, uninhibited energy.

Now, combine all this on one stage and — cha-cha boom! — you've created the Bluebirds.

And now for the best part: the Bluebirds are a local rock group, made up of the rhythm section from A-Train. Buddy Flett is the guitarist, his brother Bruce plays bass, and Paul Griffith is on drums.

The group plays "twistin' blues," deftly moving from rockabilly-style '50's songs like Buddy Holly's "Oh Boy" to modern, bluesy, Stevie Ray Vaughn numbers. Their sound is basic, but fervent.

Whenever A-Train takes a break from its hectic schedule, you can find the Bluebirds jamming somewhere close by. Since last July, they've performed at such spots as Humphree's-in-the-Square, Centenary Oyster House and Edwards Street Grocery. The Bluebirds main goal, said Bruce, is to have fun.

"This is what we started playing when we first began," he

said, referring to the "roots-rock" playlist. "It's where our hearts are. The music we play is party music, and it's honest."

Bruce detests most of the so-called techo-pop music which relies on loud synthesizers, computerized drums and other high-tech equipment.

"I'm not into machines," he said wryly.

The Bluebirds will be at the Silver Bullet Lounge on Grimmet Drive tonight and Saturday night. The cover charge is \$3.

On Thursday, Jan. 29, the group will open at Humphree's for The Tailgators, a nationally recognized "swamp" blues band from Austin.

Local movie theatres differ in quality

by BILLY HUNT
Staff reporter

For those movie-goers with discriminating palates, tight budgets and a penchant for comfort, the following analysis of theatres in Shreveport/Bossier is a must-read.

AMC Theatres (St. Vincent Six and Bossier Six): Concession prices are a bargain, especially on candy and soft drinks. The popcorn is a little fresher at Bossier Six.

AMC theatres have the best audio systems — the Dolby Stereo is rich, especially at Bossier. The restrooms at both

are always clean.

Overall, AMC theatres are the class of the field.

General Cinema (Quail Creek and Southpark): This the largest of the theatre chains, but Shreveport must have been deemed a very unimportant link. The seats are like rocks and recline into two positions — both uncomfortable. At Southpark the restrooms are upstairs, inaccessible to the handicapped.

Concession prices are outrageous — the only cheap candy available is that bought outside the theatre and snuck in. And the popcorn is inedible: stale and cold.

Joy's Cinema City VII: The movies are second-runs, but the \$1 ticket price is a bargain. Surprisingly, the best popcorn and friendliest service are at the Joy.

Each of Joy's theatres is different, and the comfort-level varies. One offers inadequate leg room, and the chairs are carved up. One has fairly decent Dolby sound. Their newest house is tiny; it usually houses the adult dramas that draw the smaller crowds.

None of Joy's theatres is very clean, the restrooms are upstairs and the decor is early Halloween. But for a buck, what the heh.

Comic to appear

Comedian Alex Cole, who presents a program of humor to music, will perform in the LSUS University Center Theatre on Jan. 28 at 7:30 p.m.

Cole is a veteran of television, major comedy clubs and concert openers with such performers as the Talking Heads, Gladys Knight and Manhattan Transfer.

He filmed his first cable com-

edy special for Cinemax this past summer, and was nominated for two 1986 Campus Entertainment Awards for Comedy and Entertainer of the Year.

His agent describes him as "a child of 30 with a rubber face and a continual air of mischief."

The event is free and open to the public.

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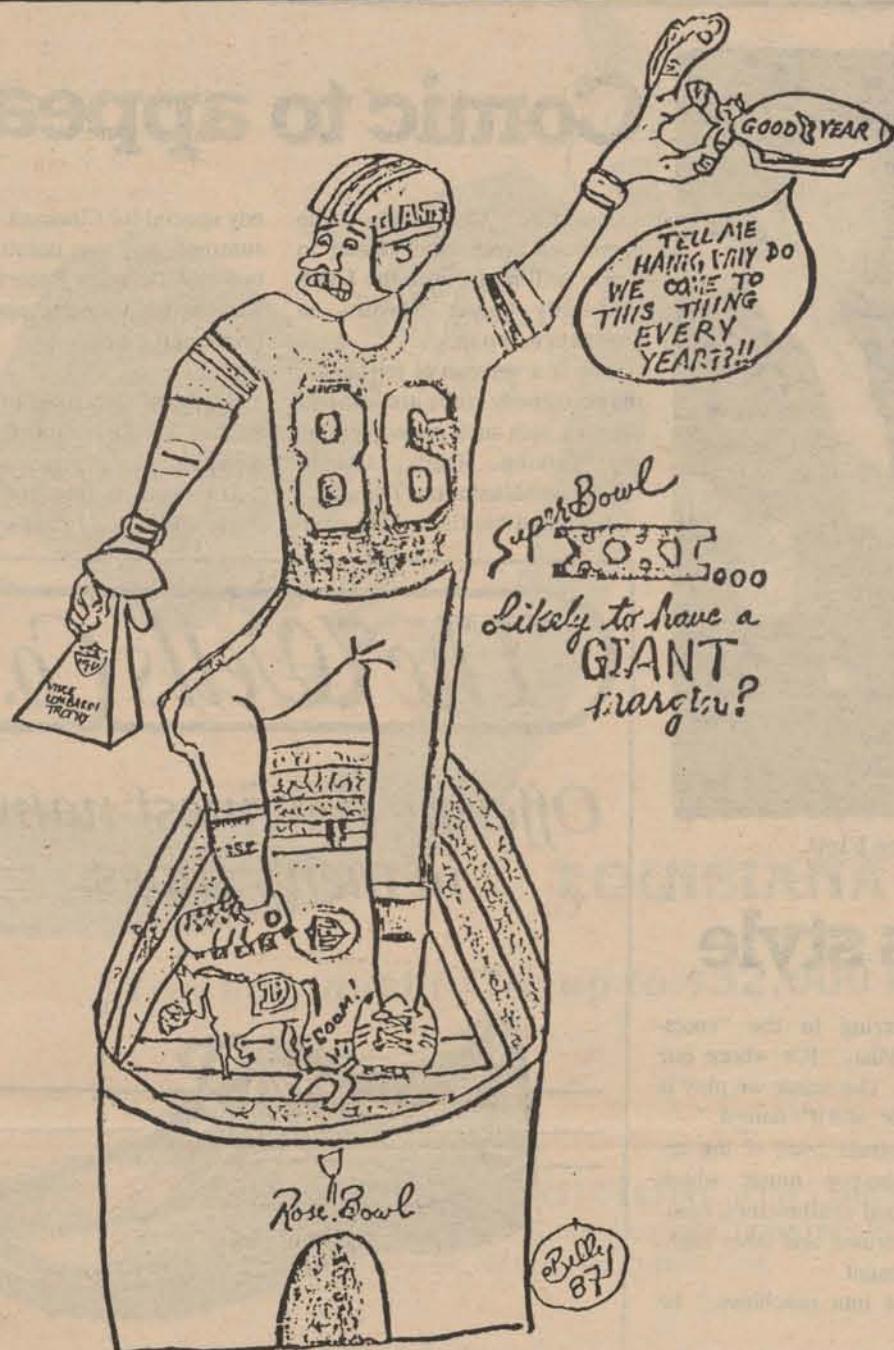
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Has annual Super Bowl game become annual super bore?

The Grand finale of the NFL season, and the League's glittering showcase, will be played late this Sunday evening in Pasadena, California — it's Super Bowl time again.

The New York Giants and the Denver Broncos will kick off at 5:08 p.m. CST in the 21st annual edition of the Super Bowl.

After two weeks of unending media hype and overexposure, the actual game never measures up to the extravagant claims of greatness.

Inevitably, as history has borne out, one team succumbs to the smothering pressure and is blown out by 15 points or more. Take away the two thrilling tilts between Pittsburgh and Dallas in the mid 70s and the infamous "Blooper Bowl" game between the Colts and Cowboys, and the remaining 17 Super Bowls were

undoubtedly the world's greatest Super Bores.

Here are the scores from the first 20 Super Bowls as proof of the Super Bore theory:

1. Green Bay 35 - Kansas City 10
2. Green Bay 34 - Oakland 14
3. New York Jets 16 - Baltimore 7
4. Kansas City 23 - Minnesota 7
5. Baltimore 16 - Dallas 13
6. Dallas 24 - Miami 3
7. Miami 14 - Washington 7
8. Miami 17 - Minnesota 7
9. Pittsburgh 21 - Dallas 17
10. Pittsburgh 16 - Minnesota 7
11. Oakland 32 - Minnesota 14
12. Dallas 27 - Denver 10
13. Pittsburgh 35 - Dallas 31
14. Pittsburgh 31 - L.A. Rams 19
15. Oakland 27 - Philadelphia 10
16. San Francisco 27 - Cincinnati 23
17. Washington 27 - Miami 17
18. Oakland 38 - Washington 6

19. San Francisco 34 - Miami 17
20. Chicago 46 - New England 10

The Broncos-Giants clash could follow the same script unless Denver comes up with some kind of rushing attack, buying time for John Elway against the swarming Giant defense.

Denver ranked near the bottom of the NFL in rushing offense. New York's defense was ranked in stopping the run this season. That does not bode well for Elway and his offensive cohorts.

Lawrence Taylor, Jim Burt and friends will tee off on the pass rush and batter the one dimensional Bronco offense all over the field Sunday because Denver will not be able to run the ball consistently. Mark it down as a fact, Denver will be forced to pass the ball more than 90 percent of the time, the Giants will smother them and give up only a touchdown or less to the Broncos.

Aerobics work

by KATE CHANDLER
Staff Reporter

The most important aspect of starting an exercise program is choosing one that is best suited for you. During the next several weeks this column will be dedicated to helping you make that choice.

An exercise program should benefit one or more of the following: muscle strength, muscle endurance, body composition, flexibility or cardiovascular endurance.

For the enhancement of cardiovascular endurance, aerobics is the method of choice.

Aerobics is a system of physical conditioning developed to assist the body in intake of oxygen. Aerobic exercises, such as walking, running, swimming, dancing and cycling, stimulate the heart and lungs long enough to produce beneficial changes in the body.

If you progressively upgrade the quality and the quantity of exercise, you will eventually arrive at peak fitness.

One of the most popular forms of aerobic exercise is dance. But unfortunately, not everyone benefits from aerobics in this form because it puts pressure on knees, ankles and the lower back.

Anyone with chronic physical problems should not take aerobic

dance; even so-called, low-impact aerobics. If you are a male with 20 percent or more body fat, or a female with 30 percent or more body fat, aerobics dance is not for you. Other types of aerobics, such as swimming, or cycling would be more beneficial.

To figure the fat content of your body, you need to do one of the following: use a government chart; the bioelectric impedance method (a small electric charge is sent through the body and measured by a computer); or underwater weighing (your body is lowered into a large tub of water, while immersed your body weight is quickly calculated).

Of all the methods, underwater weighing is the most accurate; it will be available at LSUS in two weeks.

Remember, the key to having a successful exercise program is choosing one that is challenging for you but not overwhelming.

IM events

A free throw competition is set for Monday, Jan. 26; men's one-on-one basketball is slated for Tuesday, Jan. 27; and Wednesday, Jan. 28, Corec two-on-two basketball is scheduled. On Thursday the 29th, men's three-on-three basketball is scheduled.

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